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Monday, March 26, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

STREET FOOD WITH PHILOSOPHY

Metro goes 'dumpster diving' to see how wasteful we are. 20-21



EVA KIS

Millennials and money — what they're doing wrong. 22

Mets have rotation depth after Wheeler demotion. 24

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FIGHTING FOR NYC SCHOOLS

Lucy Liu visits the city's students to help bring art education back to schools. 4



MICHAEL SIMON

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KRISTIN TOUSSAINT, REPORTER

Lucy Liu is one of the most recognizable actresses in the world, but she wasn't encouraged to study the arts while growing up. She only got the creative inspiration that led to her incredibly successful career at the New York city public school she attended growing up. Now she's working on a public service campaign building support for New York students to get more art class time and art education. Read more on page 4 and at metro.us.

PORN STAR DISCUSSES TRUMP-RELATED THREATS

In an adult-film actress who claims she had sex with Donald Trump before he was president said on Sunday she was threatened in 2011 to discourage her from discussing the relationship. Stormy Daniels, whose real name is Stephanie Clifford, told CBS' "60 Minutes" that "a guy walked up on me and said to me, 'Leave Trump alone. Forget the story.' And then he leaned around and looked at my daughter and

said, 'That's a beautiful little girl. It'd be a shame if something happened to her mom.' And then he was gone," according to a transcript of the interview. Daniels' appearance represented more trouble for Trump after an interview last week on CNN with former Playboy model Karen McDougal, who also described an affair with Trump. **Read more about the trouble in the Trump administration on page 12.**

POLLS SHOW FACEBOOK LOSING USERS' TRUST

2 Opinion polls published on Sunday in the U.S. and Germany indicated that a majority of the public were losing trust in Facebook over privacy, as the firm ran advertisements in newspapers apologizing to users. Fewer than half of Americans trust Facebook to obey U.S. privacy laws, according to a Reuters/Ipsos poll released on Sunday, while a survey published by Bild am Sonntag, Germany's largest-selling

Sunday paper, found 60 percent of Germans fear that Facebook and other social networks are having a negative impact on democracy. Facebook founder and chief executive Mark Zuckerberg apologized for "a breach of trust" in advertisements placed in papers including the New York Times, Washington Post and Wall Street Journal. "We have a responsibility to protect your information. If we can't, we don't deserve it," said the ad.



NATIONAL ANTI-GUN RALLIES CALL FOR CHANGE

3 Chanting "never again," hundreds of thousands of young Americans and their supporters answered a call to action from survivors of last month's Florida high school massacre and rallied across the U.S. on Saturday to demand tighter gun laws. In some of the biggest U.S. youth demonstrations for decades, protesters called on lawmakers and President Donald Trump to confront the issue. Voter registration activists fanned out in the crowds, signing up thousands of the nation's newest voters.

In New York City, where thousands of people took part in the demonstration, Sen. Chuck Schumer (pictured) was among those marching through city streets in Midtown to call for tighter gun control.

The March for Our Lives rallies aimed to break legislative gridlock that has long stymied efforts to increase restrictions on firearms sales. Organizers of the anti-gun rallies want Congress, many of whose members are up for re-election in November, to ban the sale of assault weapons and to tighten background checks for gun buyers.

SOURCE: TRUMP MIGHT EXPEL RUSSIAN DIPLOMATS

4 President Donald Trump is considering the expulsion of some Russian diplomats in the United States in solidarity with Britain over the poisoning of a former Russian spy in England, a source familiar with the situation said on Sunday. The move may be contingent on how European capitals respond to the nerve agent attack, the source said. An announcement of the U.S. decision could be made as

early as Monday, the source said. European Union member states agreed on Friday to take additional punitive measures against Russia for the nerve-agent attack on the former Russian spy Sergei Skripal and his daughter Yulia, who have been critical in hospital since they were found unconscious on March 4 on a bench in the city of Salisbury. White House spokesman Raj Shah said the U.S. would not provide details.

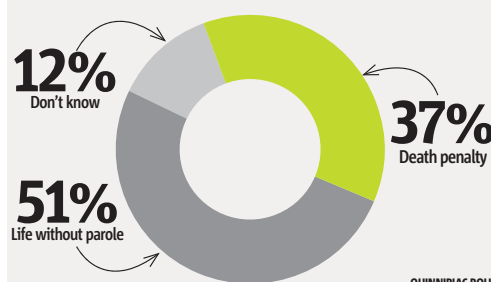
NYC FIREFIGHTER KILLED IN BLAZE ON MOVIE SET

5 A New York City firefighter was killed and five others including two firefighters were injured in a blaze in a historic building where a movie starring Bruce Willis and Alec Baldwin was being filmed, local media reported and officials said early on Friday. Firefighter Michael Davidson, 37, was injured in the fire that broke out on Thursday and later died in a hospital, the New York Fire Department said on Facebook. "Horrific

tragedy," Mark Levine, a New York City councilman, wrote on Twitter. "We pray for his family and loved ones." Two other firefighters were seriously injured while three civilians suffered minor injuries in the fire that began at about 11 p.m. local time in the basement of the historic and now closed St. Nick's Jazz Pub, a local CBS affiliate reported. The building was being used as a set for the movie "Motherless Brooklyn."

PUNISHMENT FOR MURDER

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Lucy Liu visits the city's students to help bring art education back to schools

The actress, who grew up in New York City, believes art is a crucial part of educating kids. She's partnered with LIFEWTR to help bring art back into schools across the country.



KRISTIN TOUSSAINT
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When actress Lucy Liu was growing up in New York City, her parents, like many, were concerned with her getting a good education.

At home, she focused on math — but while at her New York City public school, she was fixated on art.

"My parents came

from another country and they were very concerned with education, and education to them did not include art," Liu told Metro. "I only had the opportunity to do art and express myself in school."

She credits art with steering her toward her

the first programs sacrificed are often in the arts.

Liu wants to help bring arts education back. She's teamed up with LIFEWTR to launch a #BringArtBackToSchools campaign.

On Friday, Liu lent a personal hand to that

"I think it's very important to have that form of creativity because it really does formulate and grow your brain."

Lucy Liu

career. But unfortunately, some students today don't have that same opportunity.

Since 2008, funding has been cut in more than 80 percent of schools across the country, and

mission when she visited a group of New York City sixth graders during an art class at Robert Wagner Middle School. She told them about her passion for art and helped the 32 students create a collage.



Lucy Liu visited New York City sixth graders and helped them complete an art project. MICHAEL SIMON

"They had tons of energy, they were very expressive and very creative, and each of them had the same tools but all of their projects looked completely different," she said. "They only got to do art once a week, and they expressed how disappointed they were about that, how much they loved doing it."

More than just entertainment, art is also crucial to a child's development, and even how they learn other subjects. That's why she makes sure art is in her son's life.

"I have a 2½-year-old myself, and even at a young age, he's expressing himself through art,"

she said. "It's nice to give him quiet time to do things like that ... I think it's very important to have that form of creativity because it really does formulate and grow your brain."

Liu left the Robert Wagner students with LIFEWTR art kits so they can continue exploring their creativity, and she's letting people know they have a chance to get art kits for their schools as well.

Through the LIFEWTR campaign, you can share your story about how art has had a positive impact on you or someone you know with the hashtag #BringArtBackToSchools

and your ZIP code. LIFEWTR will donate art kits to classrooms in some of these select areas across the country.

80%

Since 2008, funding has been cut in more than 80 percent of the schools across the country, and the first programs sacrificed are often in the arts.

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A new report shows that for the fourth year in a row, traffic fatalities have decreased in New York City. GETTY IMAGES

De Blasio: 2017 was the city's safest traffic year on record

New York City on Friday released its Vision Zero Four Year Report, reviewing its efforts to decrease traffic and pedestrian fatalities.



KRISTIN TOUSSAINT
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New York City saw its safest year on record in 2017 in terms of traffic fatalities, Mayor Bill de Blasio announced on Friday.

The city launched its Vision Zero initiative in 2014 with the goal of eliminating traffic and pedestrian deaths, and on Friday released a report reviewing the first four years of that effort.

Since adopting Vision Zero (the first American city to do so, according to the city), New York City has seen a 28 percent drop in traffic fatalities and a 45 percent drop in pedestrian fatalities. Nationally, those statistics have increased 15 percent over the same time period.

"Vision Zero is working. We have lowered the speed limit, increased enforcement and created safer street designs, efforts that build on each other to help keep New Yorkers safe," de Blasio said in a statement.

Last year was the fourth straight year of fatality declines, but it's still only the start, the mayor said.

"The report we are releasing today shows the

promising results so far, but also illustrates how far we must go to deepen this work," he added. "Not even a single tragedy on our streets is acceptable, and we'll keep fighting every day to protect New Yorkers."

To make the city's streets safer, the department of transportation has completed 114 street improvement projects to

680K

NYPD officers issued more than 680,000 Vision Zero summonses to people who violated traffic laws.

date, including changes to traffic signals, street geography, signs that delegate turning and parking, installing speed bumps and more.

The city has also been building out its bicycle network, and in 2017 added more than 77 bike lane miles throughout the five boroughs.

NYPD is focusing on those who disregard traffic safety to try to change resident behaviors. In 2017, NYPD officers issued more than 680,000 Vision Zero summonses to people who violated traffic laws, from speeding to failing to yield to a pedestrian to texting while driving. These infractions were identified by officials as "the primary causes of collisions with the most catastrophic results."

In Vision Zero's fifth year, the city plans to improve street safety where senior citizens live, create a working group to come up with a Vision Zero-based driver education program for residents under 25 and update Borough Pedestrian Safety Action Plan maps with new data.

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Brooklyn food pantry helps keep tax refunds in communities that need it most

Bed-Stuy Campaign Against Hunger offers a free tax service for anyone earning less than \$63,000 a year.



NIKKI M. MASCALI
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Ben Franklin said that “nothing can be said to be certain, except death and taxes.” Another certainty that likely wasn’t around when he made that statement in 1789 is the often exorbitant cost of getting said taxes done each year.

Many tax services often charge clients a fee based on the percentage of their returns, which can be detrimental to city taxpayers already struggling to make ends meet.

That’s why Bed-Stuy Campaign Against Hunger, a 20-year-old food pantry in Brooklyn, took

action about seven years ago to provide a free tax preparation service as well as help with SNAP enrollment.

“Funds that could have otherwise gone into hands that needed it the most, they weren’t accessing it,” said Dr. Melony Samuels, BSCAH founder and executive director. “We started to train our staff to be tax preparers. It is like a true tax service — and it’s free of cost. It’s treating families with dignity and understanding what poverty is like.”

Longtime client Ja-

nette, a Queens resident whose whole family now uses BSCAH’s service, used to pay more than \$300 for tax preparations.

“It’s not easy when you’re expecting the money and so much has to come out of your money,” she said. “This being free is what drew me to it.”

BSCAH staffers take yearly IRS exams to provide the service and “cannot do taxes without being certified,” Samuels said.

Last year, BSCAH served more than 3,400 people from Far Rock-

way, Queens, and the South Bronx to all across Brooklyn, and prepared more than \$2.6 million in returns. Tax preparers also go to more than a dozen underserved areas like senior centers and adult day care facilities, and BSCAH also partners with banks to provide financial support and advice for the community as well.

“They provide them with financial literacy, and tell them how to spend, not to get rid of the money as fast as you can, but how to use it to benefit your family or save it for a rainy day,” Samuels said.

Having the tax money go back into communities that need it is a very welcome sight for Samuels, who founded BSCAH in 1998.

“This neighborhood seems so buzzing and booming, but 20 years ago, it was somewhere you didn’t want to walk,



Bed-Stuy Campaign Against Hunger founder and Executive Director Dr. Melony Samuels and benefits access coordinator Daniel Wright with longtime client Janette of Queens. **NIKKI M. MASCALI**

where you saw poverty that was obviously there and you didn’t have to look for it,” she said. “To see what a small grassroots organization has done considering the gentrification to get that money back into the community makes a difference.”

New Yorkers interested in using the Bed-Stuy

Campaign Against Hunger’s free tax service do not have to be a patron of the food pantry, but do need to earn less than \$63,000 as an individual or family, said Daniel Wright, benefits access coordinator.

“We have an open-door policy, and we’re here,” Samuels added.

3,400 **\$2.6M**

Last year, BSCAH served more than 3,400 people from Far Rockaway and the South Bronx to all across Brooklyn.

BSCAH prepared more than \$2.6 million in tax returns during 2017.

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WWII's unsung warriors

Meet some of the women who saved countless lives.

CHELSEA WADE
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There's a statue of an elderly man playing chess on the corner of Madison and 37th Street. That man is Jan Karski, a Polish diplomat and soldier, POW and secret courier.

Karski is credited with bringing the plight of European Jews during World War II to the attention of the Western Allies. His 1944 book "Courier From Poland: The Story of a Secret State" became an overnight best-seller. Nevertheless, to his dying day he wished he could have done more.

In 1995, he told NPR's Hannah Rosen that "the Jews were abandoned by all governments, church hierarchies and societies, but thousands of Jews survived because thousands of individuals in Poland, France, Belgium, Denmark, Holland ... helped

to save Jews."

Karski is often called the man who tried to stop the Holocaust, but in fact there were also many women who bravely stepped in during World War II. And while some of them may be overlooked in the history books, each story is worth remembering.

Irene Gut Opdyke

As a young Polish woman, Irene Gut worked as a housekeeper for a high-ranking German major during World War II. This gave her access to valuable information, enabling her to help those who were being persecuted. Irene was able to learn of a plan to wipe out an entire Jewish ghetto, including 12 Jewish people she had worked with. Through an incredible series of events, she managed to sneak them into the major's home, keeping them safe and ultimately saving their lives.

In her later years, Opdyke published her book

"In My Hands: Memoirs of a Holocaust Rescuer." Irene's story inspired the Broadway play "Irena's Vow" in 2009. The truth of her message lives on today: "Love is stronger than hate," and "One person can make a difference."

Irena Sandler

Standing just 4'11" tall, 29-year-old Irena Sandler was a social worker when Nazi tanks rolled into Warsaw. She reached out to friends and, with their help, smuggled an astounding 2,500 Jewish orphans out of the ghetto through secret passageways and sewers, relocating them into people's homes for safety.

The 2011 documentary "Irena Sandler: In the Name of Their Mothers" commemorated her actions and was broadcast on PBS. Director Mary Skinner, herself a daughter of a Polish Catholic



Irena Sandler



Irene Gut Opdyke reflects on the lives she saved. ALL IMAGES FROM GETTY

concentration camp survivor, has said, "There are so many World War II films being done about men in battle, about military strategies, and the American and Allied victories. I thought, 'who is speaking for the millions of civilians — millions of women and children — who endured war with as much courage as those soldiers?'"

The stories of Karski, Gut-Opdyke and Sandler each continued after the war: They survived it and spent their entire lives standing for truth,

spreading the word about the horrors of the Holocaust, and the uplifting spirit of bravery. But not all those who risked their lives to save others faced the same fate; it's important to remember that Poland was the only country under German occupation where helping Jews was punished by summary execution. Many of those who tried to save their Jewish neighbors paid the highest price.

Wiktor and Jozef Ulma
Despite their own poverty, the Ulmas housed and protected

eight Jewish people. One night in March of 1944, German police found the eight on the Ulma farm and executed them. They then murdered the entire Ulma family — Wiktor (who was seven months pregnant), Józef and their six small children. In 2016, the Ulma Family Museum (muzeumulmow.pl/en) opened its doors in Markowa, Poland. The first museum of its kind, it's devoted to those who risked their lives and the lives of their families to help the Jewish people during the dark days of the Holocaust.

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TRUMP'S AMERICA

PLEASE, DON'T LET TRUMP BE TRUMP!

ELLIS
HENICAN

Analysis



Suddenly, the most volatile president in American history is spinning even more wildly out of control, hell-bent on ripping the handcuffs off and turning up the Trumpitude to 11.

And you probably

thought he was at full blast already. Just wait. Just wait.

We've arrived at a deeply unsettling moment, call it "Stormy Monday," and not only because of the disturbing peek we just got into the president's profoundly icky romantic life. The barometric pressure is dropping precipitously. A category-5 something is clearly blowing in.

Secretary of State Rex Tillerson is out the door. So is John Dowd, Donald Trump's lead defender in Robert Mueller's Russian collusion probe. Tillerson and Dowd were what passed for voices of reason in this crowd. And look who's now breezing in. The new arrivals include John Bolton, whose face appears next to "war monger" on the Wiki-zealots site, and conspiracy-spinning TV pun-

dit Joe diGenova, whose main contribution to the legal discussion so far is the groundless claim that Trump is being framed by the Justice Department and the FBI.

Wait. Scratch diGenova. Citing an unnamed conflict — what could it possibly be, a booking call from Alex Jones' "InfoWars"? — diGenova's just announced he won't be joining the White House Council on Sliming Mueller, after all.

Finding competent legal help could become increasingly difficult for the increasingly cornered president. Last week, well-respected Republican lawyer Ted Olson turned down an opportunity to join Team Trump. What competent lawyer would?

In a tweet on Sunday, Trump insisted he has his pick of the bar. "Many



We've arrived at a deeply unsettling moment in Trump's presidency, call it "Stormy Monday," and not only because of the disturbing peek we just got into the president's profoundly icky romantic life. GETTY IMAGES

lawyers and top law firms want to represent me in the Russia case," he typed, though if he could name a single lawyer, he chose not to.

Thankfully, there are still a few semi-sane people in the Cabinet and the

West Wing. Trump is having lunch on Wednesday with Defense Secretary James Mattis, who's made no secret of his disdain for Bolton's rapid hawkishness.

If Mattis values his future, he might consider

bringing a soup-taster along.

Metro columnist Ellis Henican is the best-selling author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Join Ellis on Twitter @henican.

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This MIT robot can explore the ocean by swimming like a fish

Researchers at MIT's Computer Science and Artificial Intelligence Laboratory created a soft robot that swims like a fish to get pictures and video of marine life.

scientists, that's now a possibility.

Researchers at MIT's Computer Science and Artificial Intelligence Laboratory unveiled on Wednesday a robotic fish, dubbed SoFi, that can swim right alongside real fish and take high-resolution photos and videos.

SoFi is a soft robot, meaning it's made of flexible materials, unlike rigid robots that are difficult to make waterproof, can crash into things or make loud noises when they move.

"We were excited to try to make a soft robot that could move in a way that mimics real fish, so it could observe marine life

without disturbing them," said Joseph DelPreto, a Ph.D. student at MIT and one of the authors of the paper on SoFi published Wednesday.



Other underwater robots often use propellers or jet streams to move around, which make noise and bother marine life.

SoFi instead wiggles through the water just like a fish. A small motor fills two balloon-like chambers with water so they bend the tail in alternate motions, causing it to wave back and forth.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The ocean covers more than 70 percent of our planet, and yet we've only seen a small fraction of these waters and all the marine life within them.

But what if we could explore the ocean through the eyes of a fish? Thanks to MIT computer

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SoFi the robotic fish is seen here swimming on a test dive. SoFi has reached depths of more than 50 feet in test dives.
ALL IMAGES PROVIDED BY MIT CSAIL

"We want to try to help people understand how the ocean environment behaves when [marine life] aren't disturbed by humans," DelPreto added, "so people can see the natural habitats."

The robot, which is about 18 inches in length and around 3.5 pounds, can also control its own buoyancy. An underwater remote fashioned out of a Nintendo controller lets divers control its direction, but the next step is to program SoFi to identify and follow fish all on its own.

"With improvements

on its own fish AI, you might say, we will be able to use the camera and video to identify a fish and then to continually track the fish," said Robert Katzschmann, also a Ph.D. student and study author.

"The very clear next step is to take this system and do some tracking for studies, to allow biologists to say, 'Follow this fish around and observe it.'"

SoFi can also swim among coral reefs or through narrow passages

humans and bulky equipment can't get into. SoFi has already been on test dives in which it swam 40 minutes, reaching depths of more than 50 feet. To the researchers, this is just the beginning.

"We imagine having more of these robots in the ocean," DelPreto said, "making a swarm of robot fish to monitor more of the environment and get more information on how marine life behaves."



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Why Are So Many Knee Arthritis Sufferers Seeking the Newest Medical Procedure?

New York Doc's Merge Best of High Tech and Low Cost

Fraction of the cost, less medical risk, little to no downtime and often no need for surgery. Hundreds of worst arthritis sufferers from tri-state area are now getting better.

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at **NYC Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NYC Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".

What is the "correct treatment?"

"That depends," noted the doc. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NYC Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting Technology* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advanced imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Arthritis Sufferers Choosing Procedures Before Surgery?

Each Medicine And All Natural Treatments
n covered by insurance amongst top reasons for high patient demand...
a call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the **NYC Pain MD** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid technically) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

"**NYC Pain MD** is a state of the art medical facility offering the best technology".

And that's not all . . .

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the **NYC Pain MD** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology*.

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'Angels in America' returns to Broadway

25 years after its Broadway premiere, the game-changing show returns. And it is just as relevant today.



JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

When Tony Kushner's "Angels in America: A Gay Fantasia on National Themes" hit Broadway in 1993, it was immediately apparent to critics and audiences that the work would not only be one of the most influential and obligatory pieces of theater in a generation but also that it was bound to be performed for years to come.

But how has a show that's set during the traumatic heart of the AIDS crisis translate to an audience that, today, has access to prescriptions that mean the disease is no longer a death sentence? Not to mention, has the right to marry and equal protec-



The angel appears. ALL IMAGES PROVIDED



Nathan Lane and
Nathan Stewart-Jarrett

tion under the law?

Very well, thank you. Marianne Elliott, director of "The Curious Incident of the Dog in the Night-Time" and "War Horse," brought the Kushner plays ("Part One: Millennium Approaches" and "Part Two: Perestroika") to life in London, and the run sold out. She had an incredible cast to work with and brings them to Broadway with an official opening of March 25. Nathan Lane and Andrew Garfield reprise their West End

roles, and if packed houses at previews are to be considered, these shows are two of the hottest tickets in town for the next 18 weeks of the limited engagement.

Lane plays Roy Cohn, a New York City attorney who was anti-Communist and anti-LGBTQ equality and who died of complications from AIDS in 1986. Oh, and he also was a lawyer for current president, Donald J. Trump. Garfield's character, Prior Walter, reveals his Kaposi

sarcoma at the very start of the first play, and things don't get any better for him from there. The two men battle their diseases in very different ways, and the characters who surround them are the basis of the epic eight hours of storytelling that ensue.

Yes, this is another



James McArdle and
Andrew Garfield

two-parter that will require more of an investment (of both time and money) than most shows (see "Harry Potter and the Cursed Child," which is asking the same of fans of wizardry) but it is oh, so worth it.

Denise Gough, of "People, Places and Things" at St. Ann's Warehouse in Brooklyn, is jaw-dropping-

ly relateable as a lost soul addicted to prescription drugs and unsure what to do with her religious convictions and trapped in a marriage ... with a homosexual. And when Amanda Lawrence appears as the titular Angel come the end of the first show, the only sound is the gasps of the crowd in Midtown.

"Angels in America" is being performed now, in two parts, at the Neil Simon Theatre, 250 West 52nd Street. For information on tickets check AngelsBroadway.com



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Street food with philosophy

We spend a night with Manhattan's freegans to see what "dumpster diving" is really like — and discover how wasteful we are.



EVA KIS
eva.kis@metro.us

Not many rich people spend a freezing night digging through the trash bags lining New York City's sidewalks.

But that's the bombshell dropped by Janet, one of the leaders in the city's freegan community who salvage still-edible food that has been thrown out with the trash by businesses.

"I totally choose to do this," she says. "I can buy anything I want. But that does not mean I should choose to spend it on wasteful, destructive products."



Janet, a retired teacher in New York, leads twice-monthly freegan tours of Manhattan. ALL PHOTOS EVA KIS

Metro accompanied her and five other freegans on one of their twice-monthly group "freegan tours," which will be featured on the new series "Food Exposed" premiering Tuesday on Fusion. The eight-part documentary

will explore food-related issues like overfishing, dairy farming and GMOs, but it all begins with a look at the colossal scale of food waste happening every day. In the U.S., 40 percent of edible food is wasted while nearly 50 million Americans live

in poverty.

"By the end of the night, I'll feel so uuuugh," says host Nelu-far Hedayat, mimicking something between a headache and nausea. "When you touch the bread and it's still warm — it's just too much."

What we found

Most households don't throw away food unless it's beginning to liquefy at the bottom of the crisper — or, at least, that's how it goes in my apartment. But the rules are different for businesses. The item could simply be past its optimal freshness, approaching but not yet past its sell-by date or simply considered too ugly to sell, as is the fate of many fruits and vegetables.

So what's in the trash bags that line Manhattan's Second Avenue sidewalks — the lack of alleyways makes the city's refuse more accessible than most — is often not garbage.

Our first stop is a drugstore chain whose unsold ready-made sandwiches and salads can reliably be found on the sidewalk, just feet from the refrigerated

cases where they sat just hours, or even moments before. Tonight though, the group came up empty. At 9:55 p.m., they agree it was probably too early.

Next is a pet store that can be found all over the country, where the group makes its biggest find of the night: large bags of brand-name dog and cat food, including a \$47 bag of organic, non-GMO Blue Buffalo. None of them are expired — the closest was 12 days out, and especially for dry goods expiration dates don't mean they become inedible. "Donating it would be a tax write-off," Janet also points out. At least her two cats will eat well tonight.

The third stop, a small grocery chain, is the first glimpse of true food waste. Rotisserie chickens that are still warm; unripe bananas that have been bruised, paradoxically left in a



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limbo where they're both before their peak and past it; bell peppers more gorgeous than what can be found on market shelves in Brooklyn. "So much food," a woman dressed for a night out laments as she walks past.

A large independent cafe has a lot of trash, but only its bagels — soft and plump, in every variety — are salvageable. Next door, a small health food store has discarded individual bags of plantain chips that retail for \$3 each, days from expiration. The bags have been slashed open slightly, a common practice to prevent reselling. Some in the group are deterred, but not all. The jackpot is wrapped packages of lavender essence, just past their sell-by date; there's enough for everyone to take one.

The night's final stop — freegan food tours wind down not because they run out of garbage to search, but hands and bags to carry it all — is an Amish market, with rice crackers for babies, perfect ears of corn and bottled sauces.



If a bag is too heavy or too light, it's probably not worth the trouble.

We also encounter the first employee who might object, but before he can even say anything, Janet calls out "no mess," and he heads back inside. It's her go-to line for heading off conflict, she says (the police don't bother her).

"That's what most of them are worried about, and then getting a \$100 fine for littering."

"I think most of the employees feel bad. Look, they put these bagels in a bag by themselves, not in with other trash."

The freegan code of conduct

For an activity that carries so much shame and stigma, being a freegan is not a quiet business, with constant shouts of "Anyone need lemons?" "There's baby food here!" "Who has a cat?"

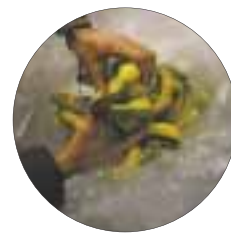
Sharing is one of the many rules that govern being a responsible freegan. That's responsibility to each other, as well as the businesses whose trash they're salvaging.

Janet guides the group with the firm but kind voice that comes from being a career educator. Petite but commanding, she starts the night with a no-shame orientation — "You shouldn't feel embarrassed or ashamed of taking something or not taking something"

— and leads the group to each location.

There are rules to every part of dumpster diving. Members must untie, not rip, the bags, and announce what's inside even if it may not look appealing to them, then tie them back up. Wearing gloves is advisable. Don't block the sidewalk, and don't eat anything until you get home, where you can see it under proper light.

Freegans vary on what's acceptable to eat, though nothing salvaged on our tour looked questionable. In fact, by the end, every non-freegan who'd come along to observe ended up taking at least one item home. "People think you're dirty," Janet says. "The reality is not that way."



world. Janet says people often find her group's website, freegan.info, while reading about environmental issues. There's also a Meetup group for freegans, and anyone who's interested — whether or not they intend to take something home — can come on their tours.

Some people live this way out of necessity. But there are many like Janet, who do it because of a philosophy that rejects what she sees as simple corporate greed.

"We're hoping that people can stop being slaves to the corporations that insist you need to have the latest new thing," she says. "I feel comfortable wearing used things. The money is what makes me uncomfortable, actually."

The philosophy of free

Her teacher's pension — as well as not having had children and being frugal all her life — gives Janet the ultimate freedom: to

live as she chooses. Being a freegan has given her spiritual wealth, too.

Noticing the casual waste all around you makes the freegan life feel like any other act you'd do to help the

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Millennials and money — here's what they're doing *wrong*



NerdWallet is a personal finance website.

The generation that's coming into their own right now gets a bad rap when it comes to finances. But that's not entirely deserved.

Millennials are generally doing a great job stashing money away for the future, but some studies show they're wary about investing those savings in the stock market.

Millennials are, indeed, saving
Although organizations vary in how they define the millennial generation, it broadly encompasses those born in the 1980s and 1990s. Looking at several studies paints a picture of their general habits:

- **71%** of millennial workers are saving for retirement, and the median age at which they started saving was 24, younger than Generation X's median starting age of 30, according to a Harris Poll conducted for the Transamerica Center for Retirement Studies.

- **39%** of millennials are defined in Transamerica's survey as "super savers" — they're saving more than 10% of their salary.

That's close to the 15% experts often recommend.

- Millennials are on track to replace 78% of their estimated retirement expenses, according to a 2018 Fidelity survey.

- **About one in six** millennials have saved \$100,000 or more, according to Bank of America's Better Money Habits survey.

But investing has millennials a little spooked

Here's the bad news:

- **42%** of millennials are investing conservatively, compared with 38% of Generation X investors and 23% of baby boomers, according to the Fidelity survey.



You might be surprised to learn that millennials are saving more than the generation behind them. **ALL PHOTOS ISTOCK**

- Millennials held 25% of their investments in cash, compared to 19% of investors overall, according to a Charles Schwab & Co.

- **20%** of millennials say their retirement money is invested mostly in bonds, money market funds, cash or other stable investments, compared with 15% each for older generations, according to Transamerica.

- **66%** of people aged 18 to 29 say investing in the stock market is scary or

intimidating, compared with 58% of those aged 40 to 54 and 57% of those 55 and older, according to an Ally Financial.

So, what's the problem?

It's no surprise that investors who came of age during the 2008-09 financial crisis would hesitate to embrace the stock market. But some millennials may be putting their retirement security at risk by shying away from stocks now. Consider that the S&P 500 averaged a 7.92% return from January 2007

through December 2017 — and that time period includes the financial crisis. By comparison, the average annual return for money market bank accounts hasn't topped 0.3% in the past eight years.

Put risk in perspective

With risk comes the potential for reward. And if you're willing to take a gamble on a new job, partner or apartment, why not consider doing the same with your money and your future in mind?

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How cynical is the American population?

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The fact of the matter is — America needs Sister Jean right now. We all need a kind, Betty White-looking grandmother in a wheelchair who is offering inspiration to get us through this dark age of Trump, Facebook pillaging all of our private informa-

tion, and killer self-driving Uber cars.

The 2018 NCAA tournament will be over just eight days from now. So — while we still can — let's just embrace Sister Jean and the improbable Loyola Chicago

team, which became just the fourth 11 seed to reach the Final Four (LSU in 1986, George Mason in 2006, VCU in 2011).



MORE OBJ DRAMA

This is the third straight week Odell Beckham has been in the news for the wrong reasons.

Two weeks back, Beckham appeared in an online video in a bed with a French model while smoking what appeared to be a fat blunt.

Last week, a video of "Odell Beckham" getting slugged in the face in an Atlanta club went viral. The person in the video claimed to be Beckham at the club, but OBJ's lawyer said that the real OBJ was nowhere near the state of Georgia that night.

In this week's edition, the Giants star receiver is being sued for \$15 million.

A man who claims to have been friends



with Beckham, Ismael Temple, says that at Beckham's house in January he had a gun pulled on him by Beckham's body guard, and that he was "punched in the back of the head" by the body

guard and another person.

Beckham's lawyer told The Sporting News that the filing by Temple is "full of falsehoods and misinformation," and that "this is clearly a frivolous lawsuit."

DANNY NEEDS A DATE

One of the low-key playboys in all of sports, Miami Dolphins wide receiver Danny Amendola, is back on the market. The former Patriots star is apparently ditching all things New England as he and model Olivia Culpo (former Miss USA and Rhode Island native) broke up this past week — partly because Amendola was upset that Culpo posed 98 percent nude in the recent Sports Illustrated Swimsuit issue, according to US Weekly.

Culpo, stunningly, also didn't want to move to gorgeous South Beach with Amendola.

Here's guessing both of these kids will land on their feet, though.

Amendola, not so long ago, was dating "Good Morning Football" co-host Kay Adams — which has

made for some awkward NFL Network television since

their split — with Adams having to try to zig and zag around talking about the big-game slot receiver.



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Mets have rotation depth after Wheeler demotion

Jason Vargas' injury has left some mystery at the bottom of the rotation.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Mets don't win often but when they do, it's usually anchored by a strong starting pitching rotation, whether it's Tom Seaver to Jerry Koosman in 1969 or Doc Gooden to Sid Fernandez in 1986.

There have been promising combinations since, especially looking at "Generation K" in 1995 when the young Bill Pulsipher, Jason Isringhausen and Paul Wilson were considered the next great rotation in franchise history. To keep it brief, that didn't happen.

Two decades later and the Mets looked as

though they found Major League Baseball's most dominant pitching staff, compiling their "Big 5" rotation of Noah Syndergaard, Jacob deGrom, Matt Harvey, Steven Matz and Zack Wheeler.

Serious injuries to each and every one of those arms have kept them apart over since 2015, when the last member (Matz) made his MLB debut.

Even though all arms were healthy in spring training this year, the team's acquisition of southpaw Jason Vargas to bolster the rotation looked to further put things on hold. That was until Vargas fractured his non-pitching hand that required surgery.

Wheeler's horrendous spring training halted the coming together of New York's once-promising five arms as an ERA over 8.00 this spring saw

him optioned to Triple-A Las Vegas on Saturday.

There are options to overtake the No. 5 spot in the rotation temporarily until Vargas returns and here is who we think will take it:

Noah Syndergaard

Projected Stats: 18-6, 2.95 ERA, 225 K's
Syndergaard is the undisputed ace of the Mets' staff and looks ready to go after a strong spring training. Fully recovering from a torn lat, struck out 23 batters in 20 innings of spring work with a 1.35 ERA. His velocity is back up around 100 miles per hour while he will get a full opportunity to show off a devastating changeup that he developed for the beginning of last season.

Jacob deGrom

Projected Stats: 15-7, 3.14 ERA, 210 K's
DeGrom was the only big Mets starter that was able to stay healthy last season though he had to deal with lower back stiffness for most of spring training. He looked solid upon his return to the mound, striking out 12 batters in seven innings over two starts.

Matt Harvey

Projected Stats: 11-9, 3.72 ERA, 180 K's
Harvey is entering a contract year with plenty to prove. After being plagued with injuries for much of the last five years, the righty practically had to relearn how to effectively pitch. He is coming around at the right time, putting together a pair of solid spring-training starts after a rough 2018 debut.



As the rotation takes shape, Noah Syndergaard is still the Mets' ace. GETTY IMAGES

Steve Matz

Projected Stats: 7-10, 4.36 ERA, 124 K's
Matz had an even more difficult start than Harvey this spring, and it got to a point where it was between him and Wheeler to get the boot from the rotation while Vargas was healthy. Now as the only southpaw available, Matz's spot is safe and he's responded well in the last week, shrinking his ERA from almost 11.00 to 7.88.

Seth Lugo

Projected Stats: 5-2, 3.97 ERA, 75 K's
Due to Wheeler's struggles, Lugo should get the nod to be New York's spot starter while Vargas recovers. The righty has experience stepping in for injured Mets, accruing 36 starts over the past two years with a 12-7 record and 3.92 ERA. He's had a strong spring with four scoreless innings on Thursday against the Nationals, lowering his ERA to 2.87.

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KAREN VEERASWAMY, ASHA
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of Christine Pederson; THENCE
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Street, seventy five (75) feet; THENCE
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d/b/a Kuro-Obi.

NOTICE IS HEREBY GIVEN
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applied for by the undersigned
to sell Beer & Wine at retail under
the Alcoholic Beverage Control
Law at 248 East 23rd Street,
New York, NY 10010. New
York County, for on premises
consumption. Fiscardo Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1308117,
for On Premise Liquor has been
applied for by the undersigned to
sell Beer, Wine & Liquor at retail in
a Bar/Tavern under the Alcoholic
Beverage Control Law at 7210 New
Utrecht Ave., Brooklyn, NY 11228.
Kings County, for on premises
consumption. 1 Quetzal Inc.

NOTICE IS HEREBY GIVEN
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for Restaurant Wine has been
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to sell Beer & Wine at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 43-
22 Queens Blvd., Sunnyside,
NY 11104. Queens County, for
on premises consumption. 44
Sunnyside Corp. d/b/a Riko

NOTICE IS HEREBY GIVEN
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applied for by the undersigned to
sell Beer, Wine & Liquor at retail
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Control Law at 178-23 Hillside
Ave., Jamaica, NY 11432.
Queens County, for on premises
consumption. Fitz J Group, Inc.

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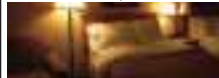
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Across

- 1 One whose music has a certain ring to it?
- 10 Prepare for the holidays
- 14 You can puzzle your way out of one
- 16 Bubble tea flavoring
- 17 Breakthroughs
- 18 Islamabad language
- 19 Dictionary tag for "cutey" (Abbr.)
- 20 Healthy bagel morsel
- 21 Supper, in kidspeak
- 23 Build
- 26 Where you might shell out for shells
- 28 "Me time" outing
- 30 Makeout ____ (long smooch)
- 31 ____ kwon do
- 32 Former German currency, briefly
- 34 Frantic way to run
- 35 "I gotta run, babe!"
- 37 Monastery heads
- 40 Fix permanently
- 41 Gray of literature
- 43 "That's not all"
- 44 Frantic way to run
- 46 Plots not studied in English class
- 50 Disaster movie outbreak
- 53 U.S. army post named after a Confederate gen.
- 54 The Big ____ (early rock



nickname)

- 55 Fish-fowl connector
- 57 Sick
- 58 "Would ____?"
- 59 Drove to prom, say
- 63 Christmas list heading?
- 64 Slangy turndown to a suggestion
- 65 Linear, for short
- 66 Lady Gaga's "Born This Way," for one

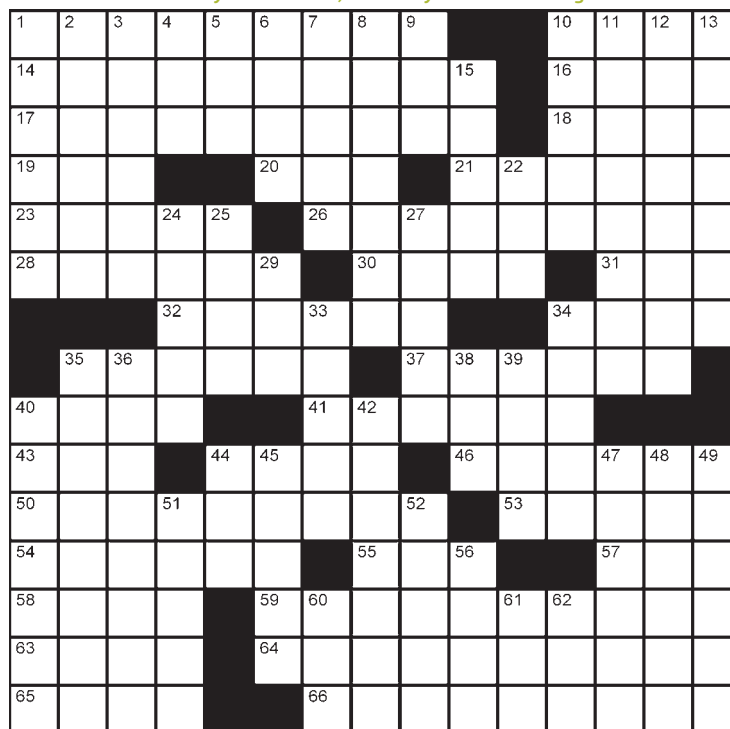
Down

- 1 Some hair extensions
- 2 F in music class?
- 3 Arlington, Bethesda, etc.
- 4 Hydropower source
- 5 Debut in the WSJ
- 6 "Finding Dory" role
- 7 Positive answer to "How have you been?"
- 8 Negative answer to "How have you been?"
- 9 Scribble (down)

- 10 Feat on a bike
- 11 Putting in work
- 12 First, second, and third, e.g.
- 13 Hit hard
- 15 Classic PC system
- 22 "Kinda sorta"
- 24 Data storage combo
- 25 Opposite of edgy
- 27 "____ Chavez" (2014 civil rights biopic)
- 29 "I'm so happy!"
- 33 Heaviest noble gas
- 34 Was successful in
- 35 "Chocolat" actress
- 36 "The Man Your Man Could Smell Like" brand
- 38 With 44-Down, oaf
- 39 "Disgusting!"
- 40 New York crime family
- 42 Japanese island where "The Karate Kid Part II" is set
- 44 See 38-Down
- 45 Women's History Month
- 47 Pillar's base
- 48 Moon of Saturn that's a French girl's name
- 49 Rarely
- 51 Crossword tournament asset
- 52 Pharmacy amount?
- 56 Singer McEntire
- 60 Spend endless time in
- 61 Ginny Weasley's brother
- 62 Terse response to "Where are you going?"

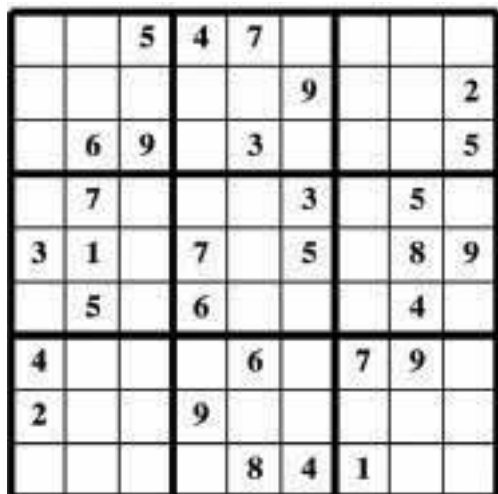
metro.us/crossword

"Free for All IV" by Paolo Pasco, edited by David Steinberg

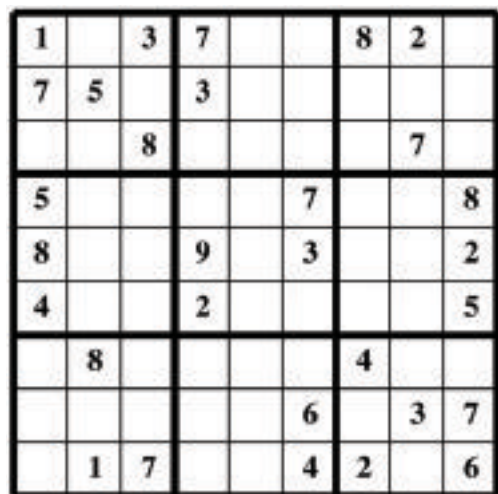


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Don't labor over what might have been. A good outlook will help you see what's possible. Take responsibility for your future. Choose to be productive instead of complaining.



Taurus Play to win. No matter what you do, it's important to give your all and make your mark. You'll be judged by your effort and your ability to get along with others.



Gemini Matters pertaining to personal finance or legal or medical issues should not be ignored. A detailed look will reveal a change that can save you time and money.



Cancer Strike up a dialogue that will help you bring matters of concern to the forefront. Setting up new guidelines will enrich a relationship that has been waning.



Leo An opportunity that someone offers you will not turn out to be as lavish as it appears. Don't fall for hype when you should be focused on your responsibilities.



Virgo Making travel plans, attending business meetings and broadening your awareness regarding projects you want to pursue should be on your agenda.



Libra Make sure you are on the same page as the people you are dealing with today. Overspending to please someone or to keep the peace will only make matters worse.



Scorpio An opportunity to visit someone you find interesting or informative will also help you make a decision that can change how or where you live or what you pursue.



Sagittarius Don't wait for someone to complain. If changes need to be made at home or to a relationship, make the effort. Love and romance will improve your life.



Capricorn Don't feel you must share your intentions with anyone prying into your personal affairs. Preparation will help prevent a peer from trying to dismantle your plans.



Aquarius Anyone trying to entice you into doing something that isn't good for you should be pushed aside. Spend time with friends who have better morals and standards.



Pisces Look for a solution that has worked in other situations. A couple of alterations to the way you have done things in the past will prove to be successful. EUGENIA LAST

Yesterday's answers

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | F | E | I | P | A | D | B | E | E | R |
| A | L | E | C | R | E | G | I | S | R | E | D |
| C | O | R | O | N | A | A | U | S | T | R | A |
| K | O | A | L | A | S | A | M | O | A | S | E |
| F | L | A | G | G | A | P | P | S | | | |
| B | A | R | N | E | Y | M | I | L | L | E | R |
| T | M | Z | T | E | A | M | O | D | I | O | U |
| H | E | I | R | A | H | I | N | T | M | A | R |
| U | N | T | I | E | S | T | A | I | L | F | O |
| G | U | I | N | N | E | S | S | B | O | O | K |
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| S | I | S | K | U | N | I | S | W | R | O | T |
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| A | F | A | R | S | T | I | E | S | I | Z | O |
| P | O | N | G | | A | D | D | S | T | Y | P |

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